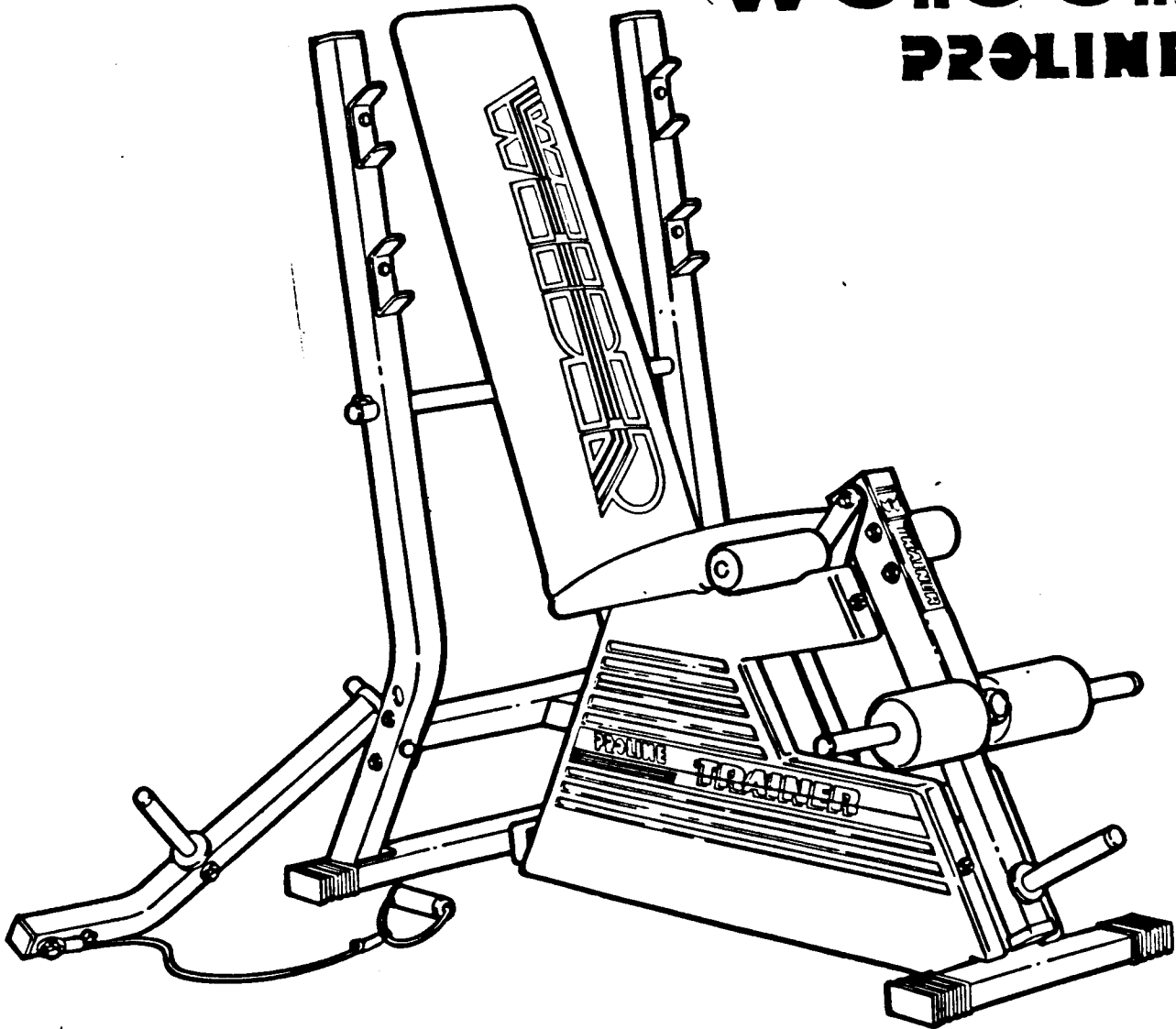


weider
PROLINE



D620

POWER PLUS
TRAINER

ASSEMBLY INSTRUCTIONS

REPLACEMENT PARTS

NN-1102

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA, USA 91367

D620

PARTS LIST

06-22-90

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	2	C0277-C21
2	BAR HOLDER BRACKET	4	C0278-D21
3	CROSSMEMBER	1	C1192-C21
4	BASE FRAME	1	C1176-D19
5	SIDE FRAME	2	C1177-D19
6	TOP FRAME	1	C1178-D19
7	REAR FRAME SUPPORT (RIGHT)	1	C1179-D19
8	REAR FRAME SUPPORT (LEFT)	1	C1180-D19
9	REAR BASE FRAME	1	C1192-D21
10	BACKREST TUBE	1	C1183-D19
11	SEAT	1	C1320-D19
12	BACKREST	1	C1319-D19
13	PLASTIC FRAME SHROUD (RIGHT)	1	C0618-D21
14	PLASTIC FRAME SHROUD (LEFT)	1	C0619-D21
15	LARGE PLASTIC COVER PLATE	1	C0616-D19
16	SMALL PLASTIC COVER PLATE	1	C0617-D19
17	LEG EXTENSION ARM	1	C1193-D21
18	LEG EXTENSION COVER	1	C1190-D19
19	LATCH HOOK	1	C6900-D19
20	CHROME WEIGHT PIN 1" DIA	1	C6300-D19
21	CHROME ROLLER BAR 1" X 24"	1	C6301-D19
22	FOAM ROLLER PAD 4" X 6"	2	C0438-D19
23	FOAM ROLLER PAD 2 1/2" X 7"	2	C0426-A14
24	PAD BAR 3/4" X 17"	1	C6302-D19
25	ROLLER BRACKET (ROUND)	1	C1191-D19
26	BACKREST ADJ BAR	1	C6400-D21
27	CHROME WEIGHT STACK PIN 1" DIA	2	C6304-D20
28	FLY ARMS	2	C0280-D20
29	PIVOT TUBE	2	C0281-D20
	HARDWARE BAG (NUTS & BOLTS)	1	5837-D21
	HARDWARE BAG (PLASTICS)	1	5838-D21
30	PLASTIC KNOB (FEMALE END)	1	HH-5208
31	RUBBER FOOT	4	AA-8113
32	2" SQUARE OPEN END CAP	1	AA-8114
33	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
34	2" SQUARE PLASTIC CAP	3	AA-8002
35	BACKREST "L" BRACKET	2	6902-D19
36	1 3/4" SQUARE PLASTIC COVER CAP	1	AA-8117
37	1" ROUND PLASTIC CAP	10	AA-8005
38	ROUND WEIGHT BUMPER	3	AA-8016
39	3/4" ROUND PLASTIC CAP	2	AA-8004
40	7/8" ROUND PLASTIC CAP	2	AA-8088
41	5/16"-18 X 2 1/4" HEX HEAD BOLT	3	HH-5301
42	5/16"-18 X 4 1/2" CARRIAGE BOLT	1	HH-5300
43	SPACER BUSHING 2"	1	HH-5299
44	** 5/16"-18 X 2 1/2" HEX HEAD BOLT	16	HH-5053

DIAGRAM NO	PART NAME	QTY	ORDERING NO
45	5/16"-18 X 2 3/4" HEX HEAD BOLT	1	HH-5058
46	* 5/16"-18 X 3 1/2" HEX HEAD BOLT	1	HH-5294
47	5/16"-18 X 5 1/2" HEX HEAD BOLT	4	HH-5295
48	** 5/16" FLAT WASHER	32	HH-5127
49	*** 5/16" HEX NUT	27	HH-5296
50	1/4"-20 X 3/4" SLOT HEAD SCREW	2	HH-5022
51	1/4"-20 X 2 1/4" SLOT HEAD SCREW	4	HH-5288
52	1/4"-20 X 2 3/4" SLOT HEAD SCREW	2	HH-5289
53	1/4" HEX NUT	2	HH-5028
54	5/32" X 3/4" SLOT HEAD SCREW	9	HH-5290
55	5/32" FLAT WASHER	8	HH-5048
56	5/32" HEX NUT	9	HH-5292
57	LARGE LOCK PIN	1	WW-7006
59	1 3/4" SQUARE PLASTIC CAP	1	AA-8073
60	EZ-ON CLIP COLLAR	1	BB-0216
61	* SPRING RELEASE PIN	1	WW-7041
62	PLASTIC KNOB (MALE END)	1	HH-5285
63	LEG CURL DECAL	1	DE-4124
64	LARGE SHROUD DECAL	2	DE-4121
65	SMALL SHROUD DECAL	2	DE-4132
66	BACKREST TUBE DECAL	1	DE-4134
67	PLASTIC BUSHING 2"	2	AA-8091
68	STOPPER PIN	2	WW-7038
69	DUMBBELL HANDLE	2	AA-8119
70	3/4" BUSHING (FERRULE)	4	HH-5259
71	NYLON CABLE	2	C6241-D20
72	5/16"-18 X 1 3/4" HEX HEAD BOLT	2	HH-5301
	TRAINING MANUAL	1	CNN-1094
	WALL CHART	1	CNN-1080
	ASSEMBLY MANUAL	1	CNN-1101
	* ONE PRE-ASSEMBLED		
	** TWO PRE-ASSEMBLED		
	*** THREE PRE-ASSEMBLED		

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

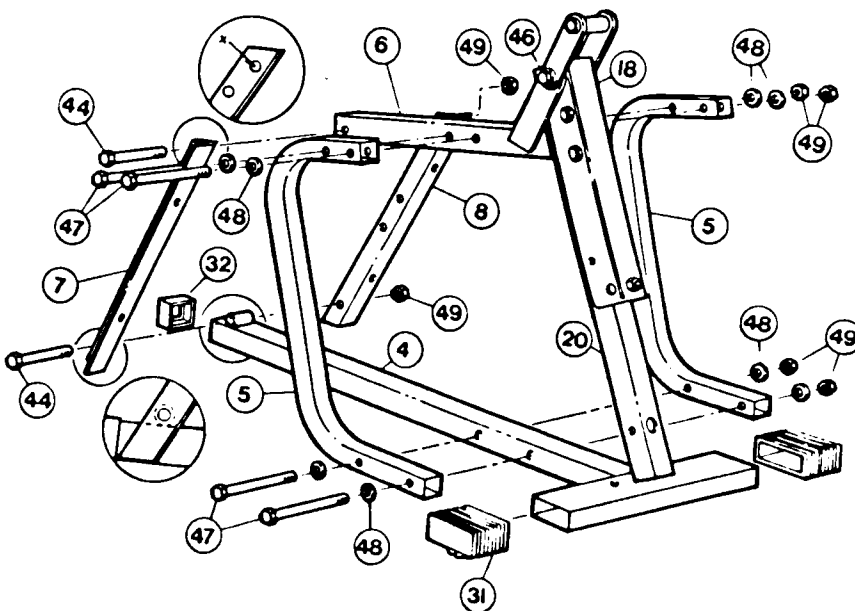
1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS; FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.

STEP 1 BENCH FRAME ASSEMBLY

Press **RUBBER BASE FEET (31)** onto each end of Rectangular Base Frame Section and 2" **SQUARE OPEN END CAP (32)** onto Rear of **BASE FRAME (4)**. Bolt curved **SIDE FRAMES (5)** to **BASE FRAME (4)** using **5/16" X 5 1/2" HEX HEAD BOLTS (47)**, **5/16" FLAT WASHERS (48)**, and **5/16" HEX NUTS (49)**. Make this and all subsequent connections in this step only moderately tight so adjustments can be made in a future step without loosening bolts.

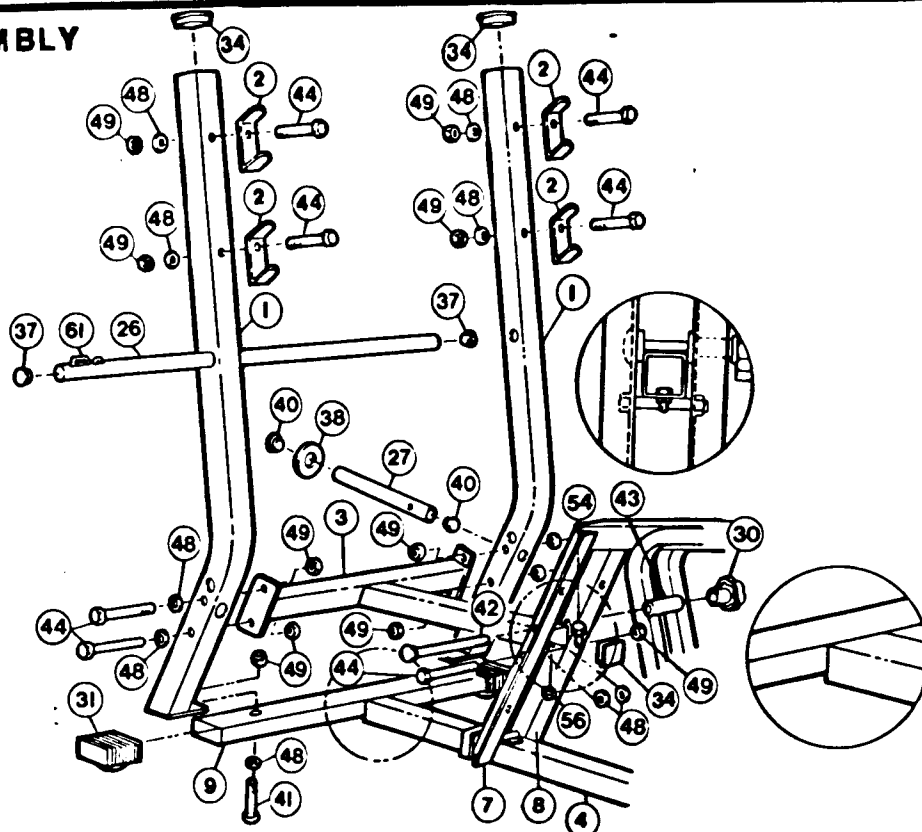
Align bolt holes in **TOP FRAME ASSEMBLY (6)** and **SIDE FRAMES (5)** and assemble with **5/16" X 5 1/2" HEX HEAD BOLTS (47)**, **5/16" FLAT WASHERS (48)**, and **5/16" HEX NUTS (49)**. **REMEMBER, DO NOT TIGHTEN!**

Assemble **REAR FRAME SUPPORTS (7)** and **(8)** to **TOP FRAME (6)** using **5/16" X 2 1/2" HEX HEAD BOLT (44)** and **5/16" HEX NUT (49)**. Attach lower end of **REAR FRAME SUPPORTS (7)** and **(8)** to **BASE FRAME (4)** using another **5/16" X 2 1/2" HEX HEAD BOLT (44)** and **5/16" HEX NUT (49)**. **NOTE:** The bolt should pass through the tubular sleeve welded at the rear of the Base Frame. (See circled details in diagram.)



STEP 2 REAR BASE ASSEMBLY

Assemble **RUBBER FOOT (31)** onto each end of **REAR BASE FRAME (9)**. This will even the gap (SEE ILLUSTRATION) between the two welded pieces of the **REAR BASE FRAME (9)**. Bolt **UPRIGHTS (1)** to **REAR BASE FRAME (9)** using **5/16" X 2 1/4" HEX BOLTS (41)**, **5/16" FLAT WASHERS (48)** and **5/16" HEX NUTS (49)**. Insert this bolt through the bottom of **REAR BASE FRAME (9)** first then through welded bracket on **UPRIGHT (1)** and secure with the washer and hex nut. Insert **REAR BASE FRAME (9)** into **BASE FRAME (4)**.

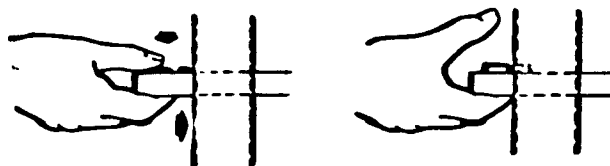


Make each of the following steps slightly loose until entire assembly is complete. Insert **5/16" X 2 1/2" HEX BOLT (44)** into lower holes in **REAR FRAME SUPPORTS (7)** and **(8)** and secure with **5/16" HEX NUT (49)**. In upper hole insert **5/16" X 4 1/2" CARRIAGE BOLT (42)**, two **5/16" FLAT WASHERS (48)**, then **2" SPACER BUSHING (43)** on the other side. (Note Washers are inside, See Illustration) and finally securing with **PLASTIC KNOB (30)**. **DO NOT TIGHTEN!** Slide **CROSS MEMBER (3)** into space between the bolt and the washers just assembled. At this time use only one **5/16" X 2 1/2" HEX BOLT (44)**, **5/16" FLAT WASHER (48)**, and **5/16" HEX NUT (49)** in each of the lower holes of **UPRIGHTS (1)** and **CROSS MEMBER (3)** welded brackets to assemble on both sides. On the end of the **CROSS MEMBER (3)** tube that was inserted in the space created by the bolt and the spacer place a **5/32" X 3/4" SCREW (54)** and **5/32" HEX NUT (56)** and tighten. Bolt must point downwards. SEE ILLUSTRATION. Tighten all the bolts and nuts at this time.

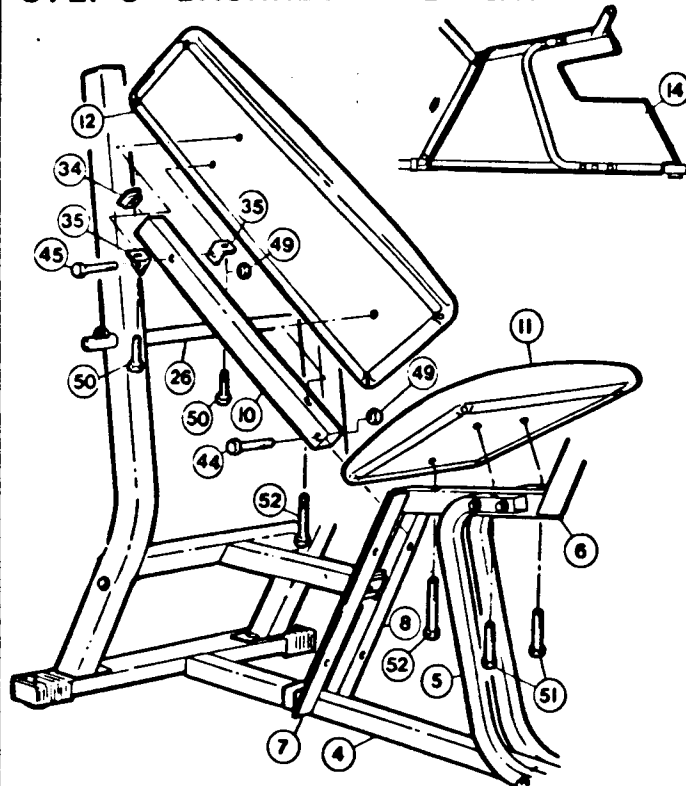
Next, bolt two **BAR HOLDER BRACKETS (2)** onto each **UPRIGHT (1)** using **5/16" X 2 1/2" HEX BOLTS (44)**, **5/16" FLAT WASHERS (48)**, and **5/16" HEX NUTS (49)**. Make sure to tighten these bolts firmly. Press **2" SQUARE PLASTIC CAP (34)** into top of each **UPRIGHT (1)**. Press **7/8" ROUND PLASTIC CAPS (37)** into each end of **WEIGHT STACK PINS (27)**. Slide each **WEIGHT STACK PIN (27)** into lower hole on **UPRIGHT (1)** making sure to align bolt holes on Upright and Cross Member Bracket. Secure each **WEIGHT STACK PIN (27)** with **5/16" X 2 1/2" HEX BOLT (44)**, **5/16" FLAT WASHER (48)**, and **5/16" HEX NUT (49)**. Slide **ROUND WEIGHT BUMPER (38)** over each **WEIGHT STACK PIN (27)** and down against **UPRIGHT (1)**.

Press **1" ROUND PLASTIC CAPS (37)** into each end of **BACKREST ADJ BAR (26)** and insert bar through **UPRIGHTS (1)** to adjust Backrest to a desired incline.

To lock **BACKREST ADJ BAR (26)** into **UPRIGHTS (1)**, squeeze **SPRING RELEASE PIN (61)** so it can pass through hole in **UPRIGHT (1)**. When small bump section is inside Upright, release Spring and Bar should be locked into position. SEE ILLUSTRATION! **SPRING RELEASE PIN (61)** is pre-assembled into **BACKREST ADJ BAR (26)**.



STEP 3 BACKREST AND SEAT ASSEMBLY



Position **BACKREST TUBE (10)** between **REAR FRAME SUPPORTS (7)** and **(8)** so that the end hole is in the lowest position and attach with **5/16" X 2 1/2" HEX BOLT (44)** and **5/16" HEX NUT (49)**. SEE **DETAIL DRAWING** FOR ASSISTANCE. THIS BOLT CAN BE TIGHTENED SNUGLY BUT DO NOT OVER TIGHTEN! Loosely assemble **BACKREST "L" BRACKETS (35)** to Backrest Tube with **5/16" X 2 3/4" HEX HEAD BOLT (45)** and **5/16" HEX NUT (49)**. Cap tube with **2" SQUARE PLASTIC CAP (34)**.

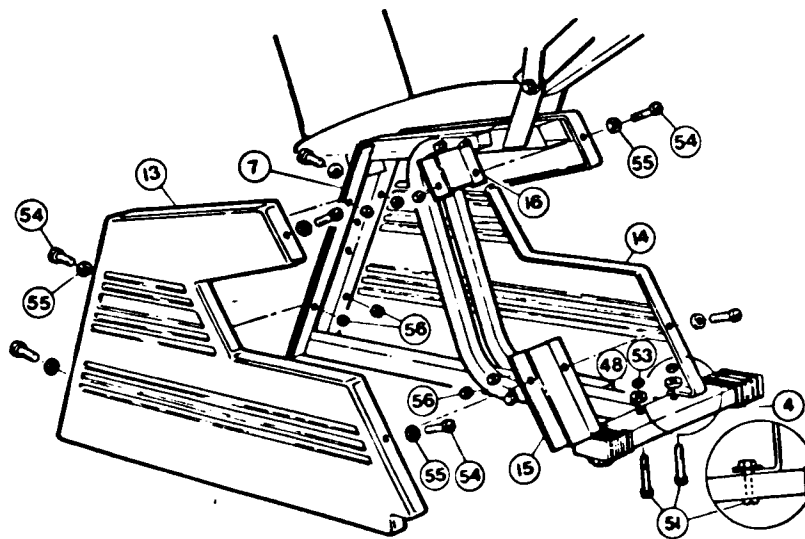
Before assembling **Seat**, take one of the **PLASTIC FRAME SHROUDS (14)** and fit it to the frame so that the shroud is over the curved **Side Frames** and up against the **Rear Frame Support** and forward against the **Base Frame Front Foot**. Adjust the **Frame Members** slightly if necessary to obtain the best fit. Remove the **Plastic Shroud** and securely tighten all bolts.

Align bolt holes in **SEAT (11)** with mounting holes in **Frame Members**. Using a **1/4" X 2 3/4" SLOT HEAD SCREW (52)** through **TOP FRAME (6)**, attach rear of **Seat**. Using **1/4" X 2 1/4" SLOT HEAD SCREWS (51)**, attach front of **Seat** through curved **SIDE FRAMES (5)**. Make this attachment very loosely so shroud can be fitted between **Seat** and **Frame** in a future Step.

Align holes in **BACKREST "L" BRACKETS (35)** and back of **BACKREST (12)** and attach with **1/4" X 3/4" SLOT HEAD SCREWS (50)**. Attach bottom of **Backrest** to **Backrest Tube** using **1/4" X 2 3/4" SLOT HEAD SCREW (52)**. Tighten securely **HEX BOLT (45)** holding **Backrest Angles** to **Backrest Tube**.

STEP 4 ATTACHING PLASTIC SHROUDS

Position each **PLASTIC FRAME SHROUD (13)** and **(14)** so that they slip between the **Seat** and **Frame** and snugly over and against the **REAR FRAME SUPPORTS (7)** and **(8)**. Align holes in **Shroud** with the mounting holes in the **Rear Frame Supports** and attach with **5/32" X 3/4" SLOT HEAD SCREWS (54)**, **5/32" FLAT WASHERS (55)**, and **5/32" HEX NUTS (56)**. **Front of Shroud** should fit tightly against **Front Foot of BASE FRAME (4)**.



At this point, tighten the three **Seat Mounting Screws** under the **Seat** to firmly hold the top of shroud between the **Seat** and **Frame**.

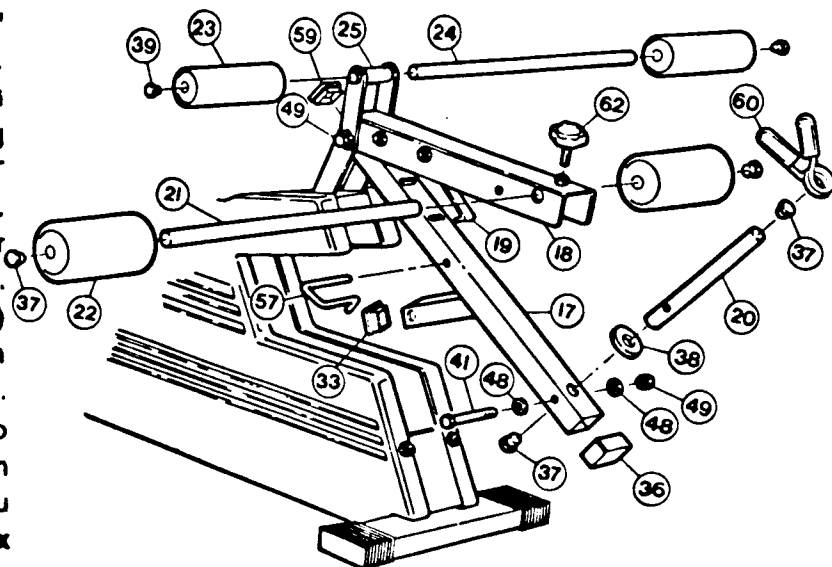
Next, using two **1/4" X 2 1/4" SLOT HEAD SCREWS (51)**, **5/16" FLAT WASHERS (48)**, and **1/4" HEX NUTS (53)** bolt down the front lower corners of shrouds trapping the plastic between the washer and frame. SEE **DETAIL DRAWING!**

Finally, insert the **LARGE PLASTIC COVER PLATE (15)** into lower portion of shrouds. Align holes and bolt together with **5/32" X**

3/4" SLOT HEAD SCREWS (54), **FLAT WASHERS (55)**, and **5/32" HEX NUTS (56)**. Insert **SMALL PLASTIC COVER PLATE (16)** behind upper portion of shroud and attach with **5/32" X 3/4" SLOT HEAD SCREWS (54)**, **FLAT WASHERS (55)**, and **5/32" HEX NUTS (56)**.

STEP 5 LEG EXTENSION ASSEMBLY

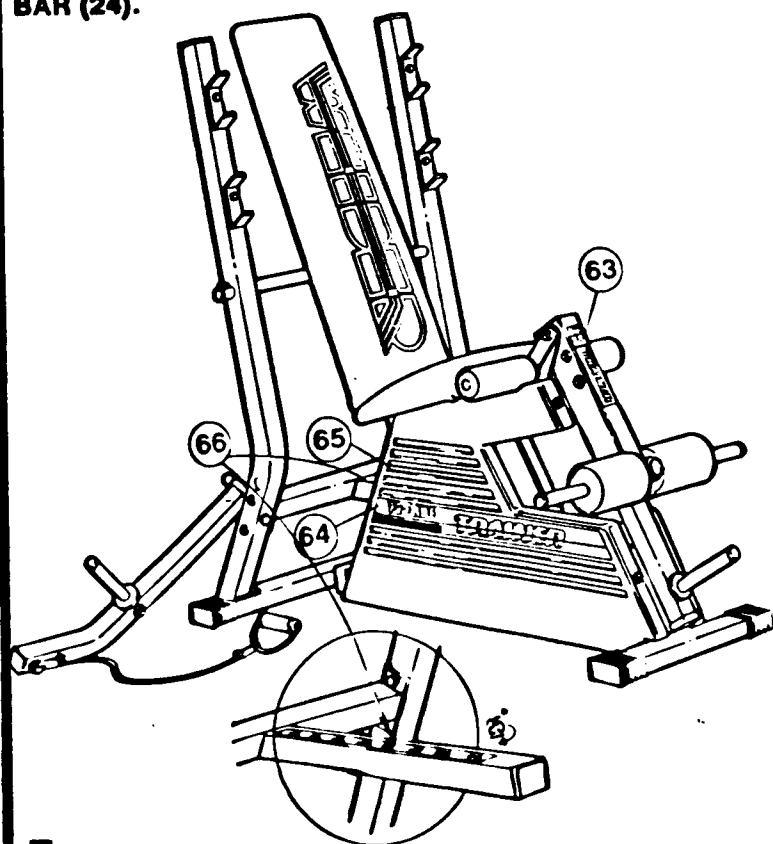
To **LEG EXTENSION ARM (17)** Insert 1 3/4" **PLASTIC CAP (59)** into top open end of Leg Extension and 1 3/4" **SQUARE PLASTIC COVER CAP (36)** over lower end of Leg Extension. Assemble 1 1/2" **SQUARE PLASTIC CAP (33)** into inner tube of **LEG EXTENSION ARM (17)**. To **CHROME WEIGHT PIN (20)**, Insert 1" **ROUND PLASTIC CAP (37)** into each end. Fit weight pin into lower hole on **LEG EXTENSION (17)** and bolt into place using 5/16" X 2 1/4" **HEX BOLT (41)**, 5/16" **FLAT WASHERS (48)**, and 5/16" **HEX NUTS (49)**. Slide **ROUND WEIGHT BUMPER (38)** over weight pin and down against Leg Extension. Check the tightness of **PIVOT BOLT (49)** and adjust if necessary, to allow for free arm action without excessive side movement. Insert **CHROME ROLLER BAR (21)** into lower hole in cover and center. Hold in place by screwing **PLASTIC KNOB (62)** thru welded nut and against roller bar. Press 4" x 6" **ROLLER PADS (22)** over roller bar and up against cover so that bar protrudes thru about 5" on each side. (Using a small amount of liquid detergent wiped along the surface of the bar will make assembling pads easier.) Insert 1" **ROUND PLASTIC CAPS (37)** into ends of bar. Lower extension cover over leg extension and lock in place with **LARGE LOCK PIN (57)**. Insert **SMALL PAD BAR (24)** into **ROLLER BRACKET (25)**, and center it before sliding on 2 1/2" X 7" **ROLLER PADS (23)**. Press 3/4" **ROUND PLASTIC CAPS (39)** into each end of **PAD BAR (24)**.



STEP 7 DECAL ASSEMBLY

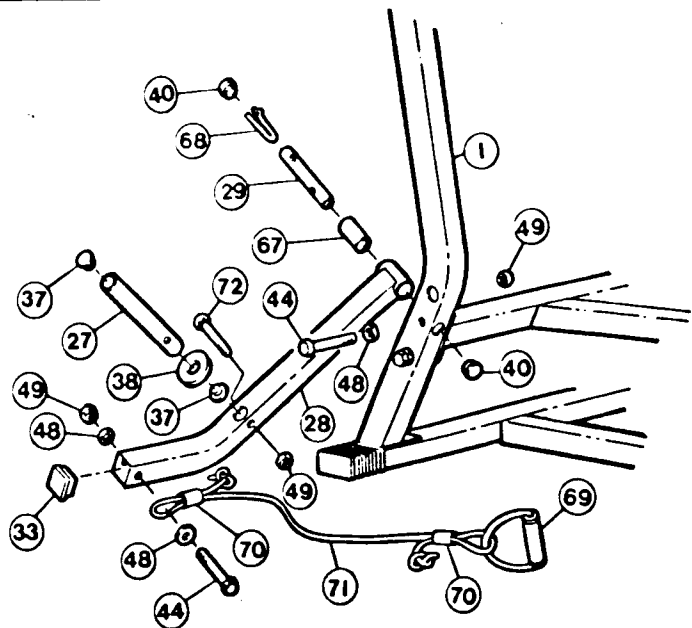
NOTE: To make application of decals easier, peel only a small end section of backsheet back and align decal and press exposed adhesive section down against surface. If decal is positioned properly, remove remaining backing and finish application.

Assemble **SMALL SHROUD DECALS (65)** to upper recessed area in plastic shroud. Affix **LARGE SHROUD DECALS (64)** to shroud sides by positioning decal about 1/2" above molded recess in bottom section of shroud. Align front of decal with molded stripes. Affix **BACKREST TUBE DECAL (66)** to **CROSSMEMBER (3)** in position shown in detail drawing making sure to note that the 25 degree reading will be on the end closer to the front of the trainer. Position **LEG EXTENSION DECAL (63)** to upper portion of extension cover and press into place.



STEP 8 FLY ARMS ASSEMBLY

Press **2" PLASTIC BUSHING (67)** into round tube at end of **FLY ARMS (28)**. Insert **STOPPER PINS (68)** into ends of **PIVOT TUBES (29)**, locating tab up into hole in end of tube to lock Plastic Bushings on. Press a **7/8" DIA ROUND PLASTIC CAP (40)** into each end of **PIVOT TUBE (29)**. Locate **CHROME WEIGHT STACK PINS (27)** through holes in **FLY ARMS (28)** and bolt in place with **5/16" X 1 3/4" HEX BOLT (72)** through square and round tubing and secure with **5/16" HEX NUTS (49)**. Press **1" DIA ROUND PLASTIC CAP (37)** into each end of **WEIGHT STACK PIN (27)** and slide on a **ROUND WEIGHT BUMPER (38)**.



To attach each **NYLON CABLE (71)**, first pass one end of cable through **FERRULE (70)** and loop around mid-point of **DUMBBELL HANDLE (69)** loop before passing back thru sleeve and knotting the end of the cable securely. Pull tight to fasten **DUMBBELL HANDLE (69)**. Repeat this procedure with the other end of **NYLON CABLE (71)**, but this time form an open loop and knot the end of the loop securely. Pass a **5/16" X 2 1/2" HEX BOLT (44)** with a **5/16" FLATWASHER (48)** through this loop and through locating hole at the end of **FLY ARM (28)**. Secure with another **FLAT WASHER (48)** and **5/16" HEX NUT (49)** and tighten just enough to allow free rotation of loop. Pull loop tight so that loop is securely trapped behind the washer and bolt head. Press a **1 1/2" SQUARE PLASTIC CAP (33)** into end of **FLY ARMS (28)**.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.